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https://www.youtube.com/watch?v=Jr5wT3CFwmk&index=10&list=PL8293EAE23965EC54

http://omshivam.wordpress.com/ayurveda-knowlwdge-of-life/surya-namaskar/surya-ashtakam/

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Bhāskara, Ādideva (the primodial Lord), bless me! prostration unto thou, O Divākara (The deity responsible for the creation of Day), O Prabhākara(the deity responsible for ushering light unto the world), prostrations unto to thou.

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The Sun God (Sūrya) seated on a chariot drawn by seven horses, the resplendent one, the son of Kaśyapa, holding a lotus in the hand, unto Him I prostrate.

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Seated on a red chariot, the father of the whole world, the annihilator of deadly sins, unto him I prostrate.

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The one who assumes the form of Sattva, Rajas and Tamas, and also the form(s) of Brahmā, ViṢṇu and Maheśvara, the great warrior, remover of deadly sins, unto that Sun God, I prostrate.

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The Omni-present and luminous Lord of the whole Universe, unto that Sun God, I prostrate.

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Sūryadeva of red complexion like that of the Bandhūka tree, adorning a garland around His neck, Earrings on his ear, holding the divine discus (cakra) in the shape of time, unto Him, I prostrate.

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The supreme ruler of all the worlds, the administrator, of all deadly sins, unto that Sun God I prostrate.

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I prostrate the Lord of The world, the bestower of liberation through the effulgent rays of knowledge and the destroyer of great sins.

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Through the daily recitation of (this) Sūryāṣṭakaṁ the problems caused due to graha-pīḍā (problems caused by planetary movements) are rent assunder, he without sons will beget progeny, and the poor become abundant with wealth.

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He who consumes meat, intoxicating drink(s), on Sunday (the day of the Sun God), will be born plagued with diseases in seven births, and remain pauper throught his births, present and future.

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He who ceases from intimate company of women, oil bath, meat, honey on Sunday, will not be affected by miseries caused due to diseases, worries or poverty and shall live happily; at the end He will depart (directly) to Sūryaloka – the abode of Lord Sūrya.

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